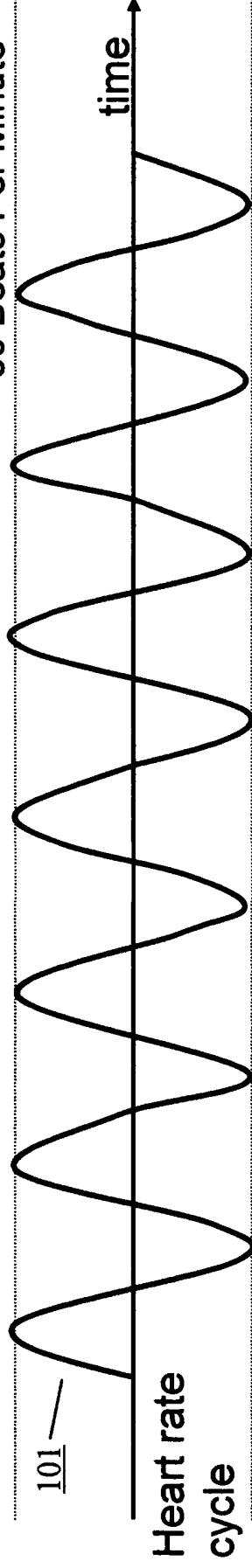


The heart has it's own rhythm or tendency toward rhythm.

103

80 Beats Per Minute



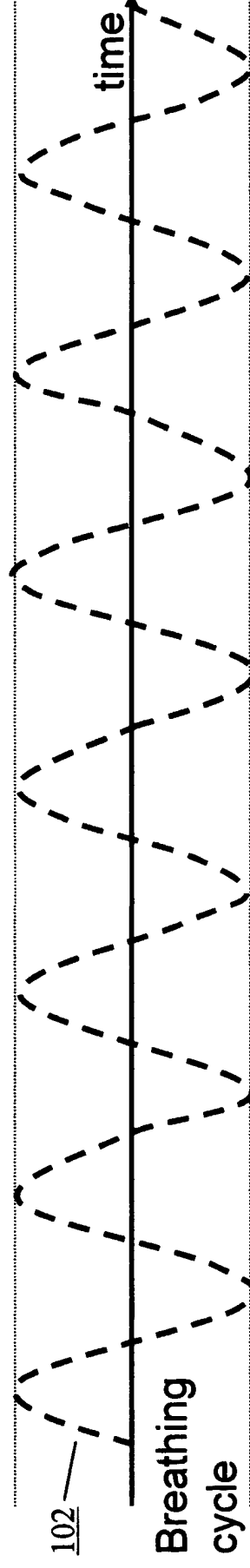
50 Beats Per Minute

104

There is a relationship between the heart cycle and the breathing cycle.



Peak inhalation 105



Peak exhalation 106

The breathing cycle has a separate but related rhythm. This rhythm can be shorter or longer than the natural heart rhythm and change dramatically with activity, etc.

FIGURE 1

Depicts the breathing cycle and the natural heart rate cycles moving from misalignment to alignment.

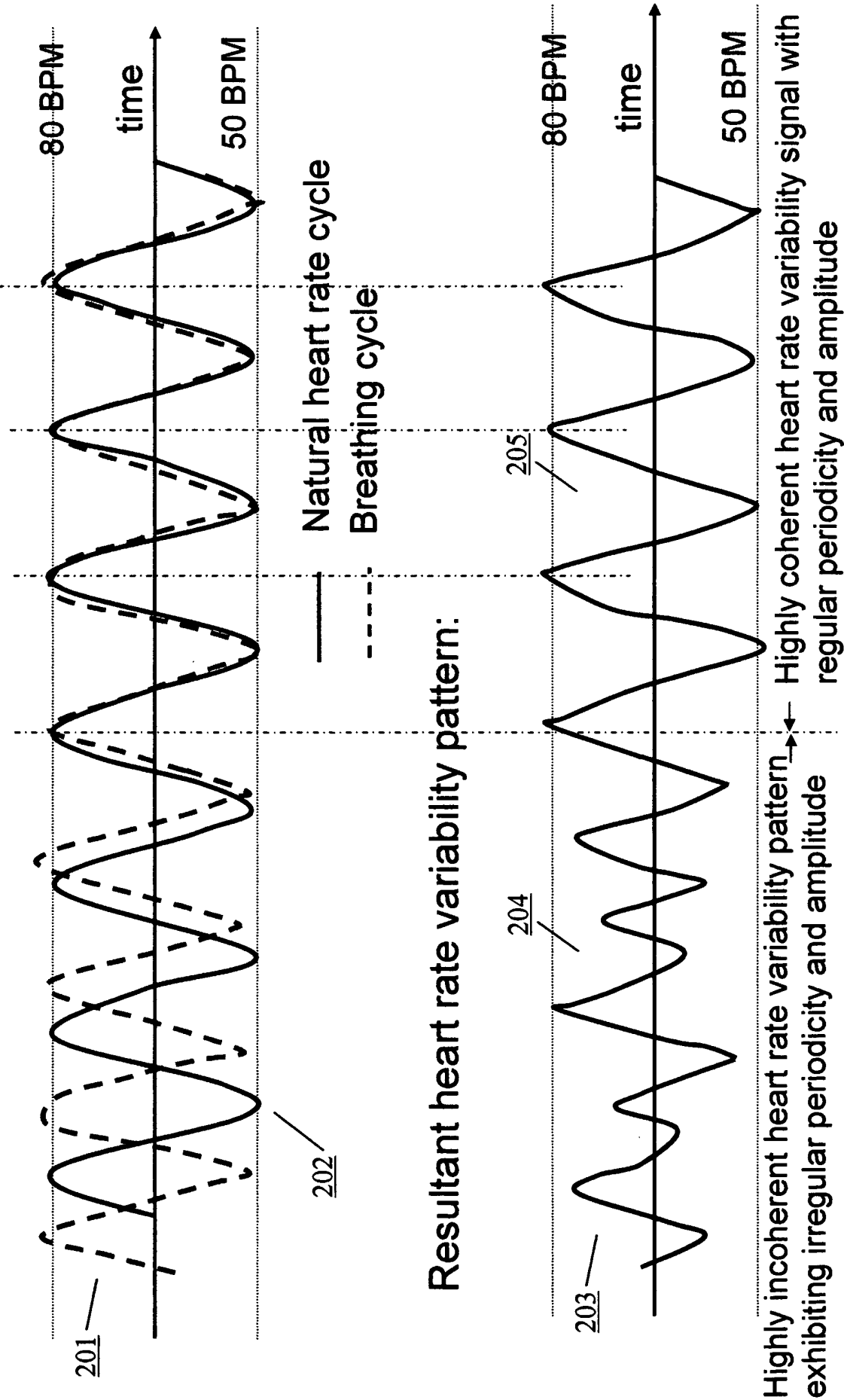


FIGURE 2

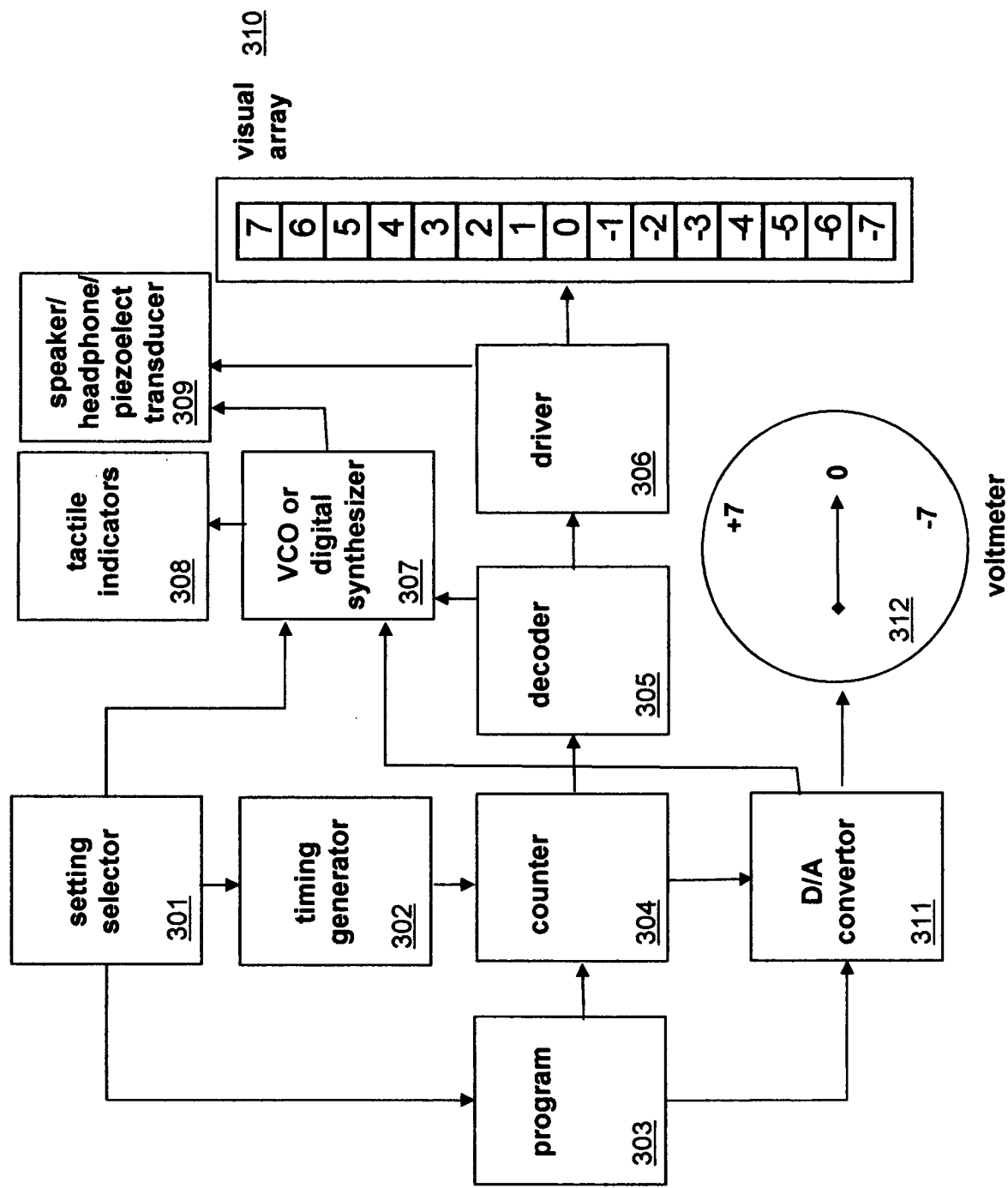


FIGURE 3

401

402

403

Setting Selector (Hertz)	Period (seconds)	Timing Generator Output (Hertz)
0.070	14.286	0.476
0.075	13.333	0.444
0.080	12.500	0.417
0.085	11.765	0.392
0.090	11.111	0.370
0.095	10.526	0.351
0.100	10.000	0.333

FIGURE 4

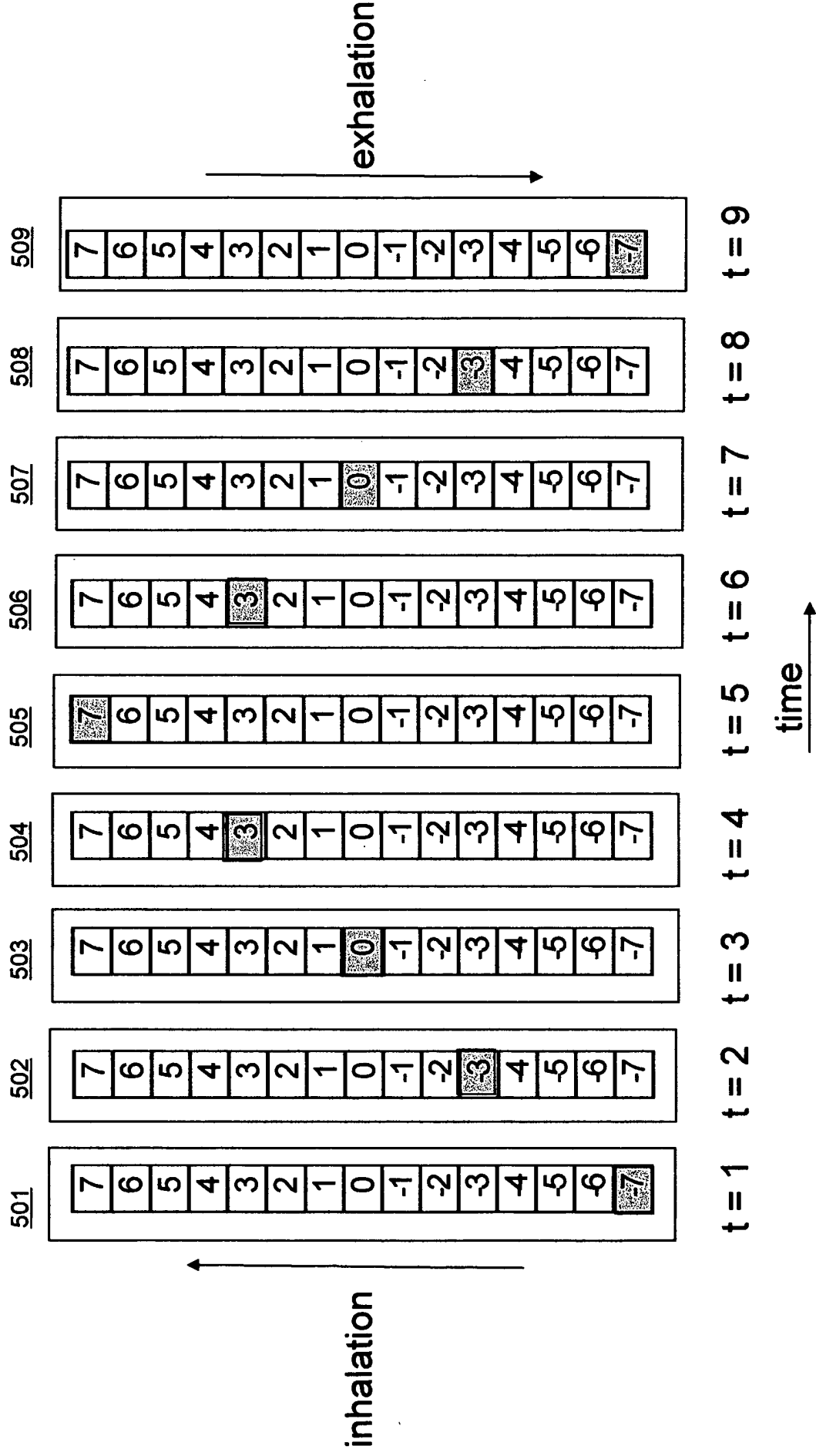


FIGURE 5

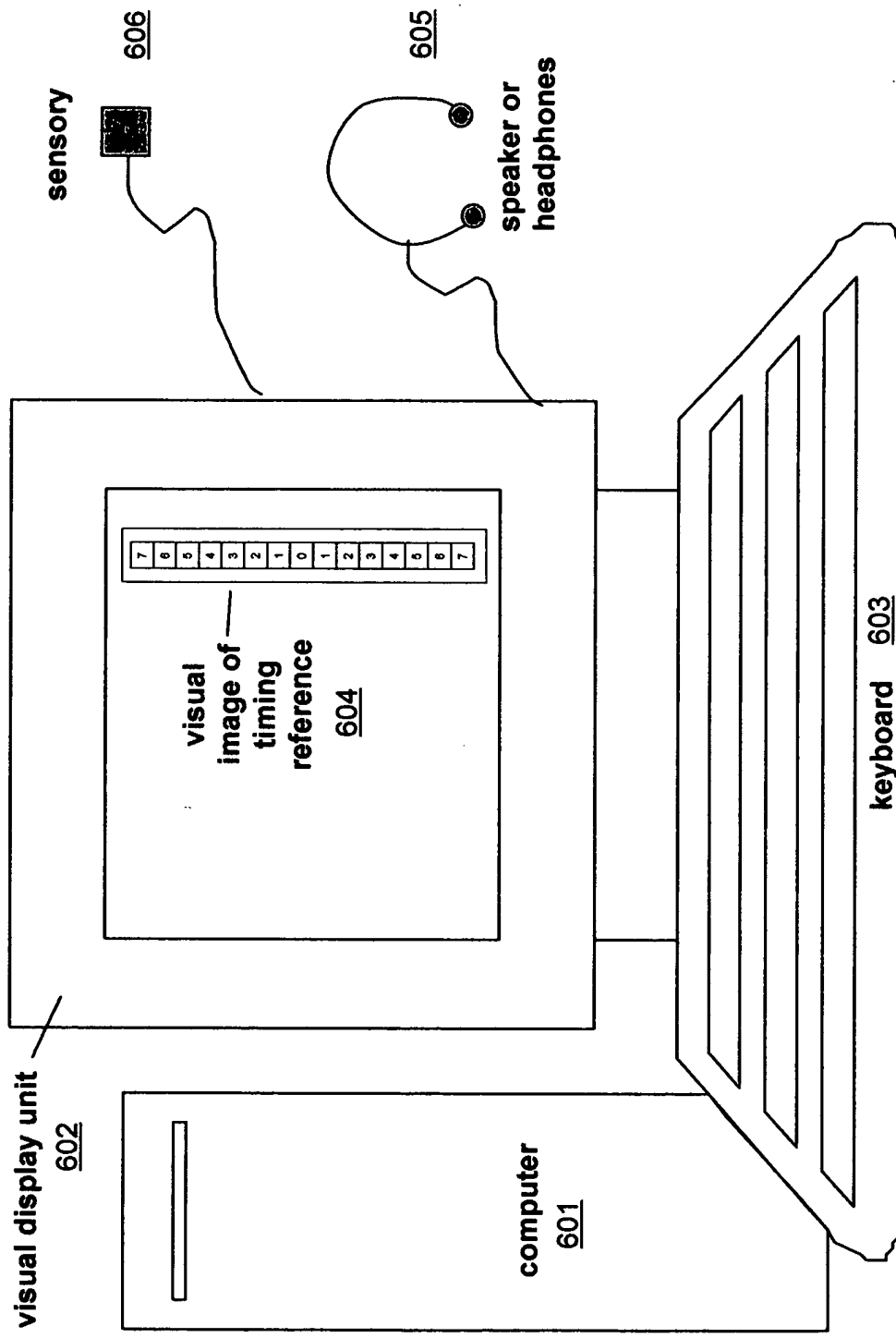


FIGURE 6